



**RECIPES FOR YOUR COOKING TYPE**  
*to grow your kitchen confidence*

# WHY & WHAT MAKES UNDERSTANDING *different Cooking Types important?*

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**Understanding your Cooking Type gives you clarity on who you are and how you can best approach cooking so that you feel confident when you cook.**

Because when you truly understand yourself, your cooking potential is limitless. Understanding your Cooking Type comes before competency and knowing how to make the perfect bread sauce... It raises the questions:

- **What** kind of cook am I?
- **What** kind of cook do I want to be?
- **Why** can't I cook with my partner?
- **Why** aren't I a better cook despite owning shelves of cookbooks and signing up to weekend cookery classes?
- **Why** doesn't it feel like cooking comes naturally to me?

For instance, you'll be able to look for recipes which resonate with the way *you* read rather than:

- **Getting frustrated** when it says throw a handful of 'x' in when what you want is for it to give you a precise measurement.
- **Having to read** through excess detail and waffle if you prefer recipes which are to the point.
- **Enduring** boring technical cooking methodologies if you like to read recipes which are informal and chatty.
- **Suffering** bad logistics and planning if you prefer to be well organised and have all your ducks in a row when you cook.

Raising your self-awareness of who you are and how this translates when you step into the kitchen can not only raise your game at recognising which recipes you like to read. It can help you with:

- **Your relationships with others** and how you both communicate so that you and your partner can cook alongside each other without arguing.
- **Setting up your kitchen** so that you know where to find everything.
- **Creating a kitchen that you love** to spend time in.
- **Buying the right kitchen utensils** and equipment.
- **Understanding how to use your natural strengths** that you've already got.
- **Knowing how to dial down the behaviours** that make you feel like you're a rubbish cook.

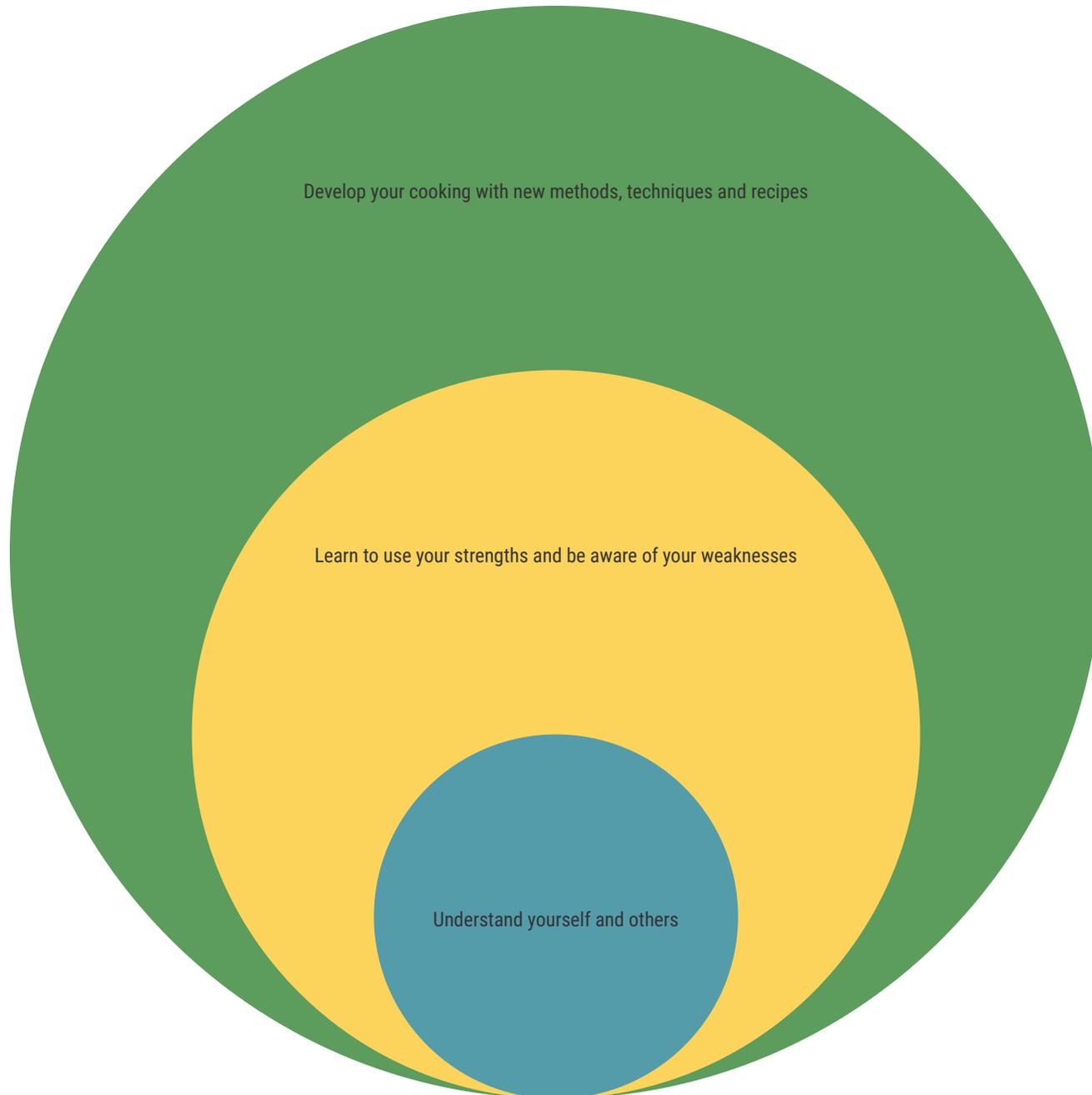
Focusing on your Cooking Type will help you with aspects which you feel are holding you back. Such as:

- **Being sceptical to try** out new methods or ingredients.
- **Learning how to improvise** when you run out of ingredients.
- **Over-feeding** your family and friends because it is your way of showing you care.
- **Being domineering** when you cook and pushing others away.

Ultimately, knowing your Cooking Type helps you feel like a natural when you cook which leads to greater confidence in yourself so that you (and your family) can **cook well, eat well and live well!**

# THE DIZZLESKY KITCHEN CONFIDENCE MODEL

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# WHY IS THE DIZZLESKY *cooking method unique?*

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The DizzleSky approach to cooking is unique as it **addresses you as an individual**. By understanding your Cooking Type you celebrate *your* uniqueness and match a cooking style to suit *you*.

Because if cooking was all about recipes and competency then if we put the effort in, we would all be Delias, Jamies, Marys or Gordons. But it's not. They all cook differently (because they are all different people) and so do we!

**Understanding your Cooking Type is a powerful and transformative tool that will improve your cooking, not just now, but forever.** It's not a diet, nor is it a weight-loss programme (although that can come as a result). It's a self-awareness which you might find feeds positively in to other aspects of your life too.

Imagine when you receive an email that's:

- **Full of detail** that you simply don't need. Do you skip the bits which you feel are irrelevant or delete it because you don't have time?
- What if someone is so **blunt and to the point it feels rude**. They don't even say hello, address you by your name, or ask you how you are. Does it leave you not wanting to deal with them?
- What about if they are **overly chatty**? Do you find it irritating and that they've crossed the line?
- How about those emails you get which tell you that **everything needs to be planned out perfectly**, when in actual fact, you'd rather fly by the seat of your pants. How do they make you feel?

In the same way that reading an email which doesn't communicate well with us might feel **annoying**, reading a recipe that doesn't suit our Cooking Type can leave us feeling the same way. This is because in both instances as we are absorbing and processing information whilst being communicated to.

**It's not that we *can't* read a recipe that's doesn't match our Cooking Type... it's more that it might feel painful and frustrating.**

On the flip side, when we find a recipe that does match our Cooking Type, the words, method and meaning behind the meal fly off the page and make total sense.

And so, **I have tailored the following eight recipes (four meat and four vegetarian) to the four Cooking Types**, arming you with a positive platform to build your kitchen confidence. The four Cooking Types are distinguished by the colours blue, red, yellow and green. Have a look at the next pages to understand which might be your dominant Cooking Type, and explore the recipes which most suit you.

To share with you the background, the DizzleSky Cooking Type is based on the Personality Types theories by the Psychologist Carl Gustav Jung, and created in conjunction with the Personality Profiling accreditation from Clarity4D, along with a deeply passionate drive as a Coach, Chef and Mother of three to help people's confidence in the kitchen so that you (and your family) can **cook well, eat well and live well**.

# INTRODUCING COOKING TYPES

## *and how knowing your Cooking Type can help you*

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Does cooking feel like a chore? Do you feel overwhelmed by the thought of cooking for your family.... again? Or do you just not feel like cooking comes very naturally to you?

Well, it's most likely that you aren't cooking in a way that most suits *you!*

Because, as the Psychologist Carl Jung said, "**When we are in our element we perform at our best**".

Being in our element gives us confidence and clarity so that we don't have to look to others for answers. We can trust ourselves that we are going about things in the best way... for us.

And luckily for us, there are four different ways to cook so we don't all have to approach cooking in the same way. We can be **logical and analytical, task-driven and action-orientated, creative and social, or supportive and organised.**

So, to give you an indication as to which is your dominant Cooking Type colour (blue, red, yellow and green) so that you know which recipe to head to, have a look at the **summaries on the next page** to see which colour best describes you.

I recommend being as honest with yourself here as possible as this is what will give you the best results... we're not talking about who you'd like to be, we are talking about which resonates most with you. **The more you cook in a way that makes sense for your brain, the more natural and confident you will feel in the kitchen and the more effortless cooking will become.**

While you are looking at the summaries deciding which most suits you, I suggest thinking of yourself at home in your kitchen. This is important because at work, it's easy for us to show up as someone else. It's very normal during school and university (if you went), in your past jobs and now in your current position, to have moulded yourself into a version of you. You may well be excelling at what you do, but it might not be the real, most authentic version of yourself. **And it's that intrinsic you we are looking for here.** Peel back those layers of the onion and dig deep.

If you feel that more than one colour resonates (perhaps all three!) I want to reassure you that this is **completely normal.** This exercise gives you an indication of your Cooking Type. Your full Cooking Type is in fact an order of all four colours and you can dial up and down the traits where necessary, but that's for another time. For now, so that you have something valuable to take away that you can use today, let's keep it simple and look at the **dominant colour that resonates the most.**

Once you've worked out which colour that is, have a look at the top tips and celebrity chefs to follow before heading to the next pages where you'll find all the **colour coded recipes** for your Cooking Type. Recipes are, of course, easily read if they are not colour coded too. So if there's one there that you fancy cooking and it doesn't match your dominant Cooking Type then feel free to go for it (and perhaps reflect on how easily you find it, compared with those from your dominant cooking type.)

At the back you'll see a list of explanations of cooking terms I use to give you extra **clarity and confidence** when you are following the recipes. I hope you enjoy the recipes and deciphering which dominant Cooking Type you are. Happy Cooking!

Annabel x

# HOW WOULD YOU MOST *describe yourself when you cook?*

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## **BLUE - LOGICAL & ANALYTICAL**

**On a good day:** Methodical with your approach, careful to not cut corners, exact with your measuring.

**On a bad day:** Self-critical when things go wrong, can over-think what you're doing, suspicious of other people's help.

**You like recipes which are:** Detailed and thorough.

**My top tip for you:** Read the ingredient list and instructions carefully before starting. Make sure you have all the equipment you need and ingredients, and don't forget your timer and measuring equipment.

**I think you might like:** Delia Smith & Nigel Slater.

## **RED - TASK DRIVEN & ACTION-ORIENTATED**

**On a good day:** Efficient in your approach to cooking, passionate about succeeding, decisive with your actions.

**On a bad day:** Overbearing when things go wrong, controlling and take charge, dismissive of other's feelings and needs.

**You like recipes which are:** Quick, short, and sharp.

**My top tip for you:** See a recipe as a list of mini-tasks. Applaud yourself as you go so you feel like you've achieved.

**I think you might like:** Jane Baxter & Gordon Ramsey.

## **YELLOW - CREATIVE & SOCIAL**

**On a good day:** Spontaneous with your approach to cooking, enjoy cooking for friends, energetic and able to pivot easily.

**On a bad day:** Frantic when things go wrong, chaotic not finishing one thing before starting another, messy and not good at washing up as you go.

**You like recipe which are:** Full of aromas, great for sharing, and mindful to make.

**My top tip for you:** Focus on contrasting colours, textures and flavours in your cooking.

**I think you might like:** Nigella Lawson & Jamie Oliver.

## **GREEN - SUPPORTIVE & ORGANISED**

**On a good day:** Organised with your approach to cooking, have lists for everything, considerate to other people's needs.

**On a bad day:** Lack confidence when things start to go wrong, over-feed as a way of people pleasing, procrastinate and spend too long in the kitchen (which leads to feeling resentful.)

**You like recipes which are:** Firm favourites which you know work.

**My top tip for you:** Write lists!

**I think you might like:** Mary Berry & Hugh Fearnley-Whittingstall.

# WHICH RECIPES ARE BEST

*for your Cooking Type?*

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## MEAT RECIPES

Family chicken  
vegetable pie

Baked lamb chops  
with fresh tomato  
relish

Light chicken  
curry

Beef & date stew



## VEGETARIAN RECIPES

Spinach & feta filo  
pastries

Vegetable slaw

Risotto with  
asparagus, fennel &  
spinach

Self-compassion  
tomato soup

# MEAT RECIPES

*Support local, shop ethically, season well & add a tablespoon of love*



## FAMILY CHICKEN & VEGETABLE PIE



MINUTES TO PREPARE  
25



MINUTES TO COOK  
35



SERVES  
5

### INGREDIENTS

**1 onion**, peeled and diced  
**2 carrots**, peeled and diced  
**4 rashers smoked bacon**, cut into strips  
**1 clove garlic**, peeled and crushed  
**1 tablespoon rapeseed oil**  
**250g frozen peas**  
**700ml chicken stock**  
**2 tablespoons cornflour** mixed with **4 tablespoons cold milk**  
**30g cheddar**, grated  
**4 chicken fillets**, cut into small chunks  
**2 tablespoons of flat leaf parsley**, chopped  
**6 large potatoes**, peeled and cut into chunks for mashing  
**30g salted butter**  
**1 teaspoon of Maldon sea salt**  
**A good grind of black pepper**

### LET'S GET COOKING

- 1 Preheat the oven to 200/400/gas 6.  
  
First, prepare the mash. Place the potato chunks in to a saucepan and pour over water. Add a pinch of salt and bring to the boil. Cook until the potatoes are tender. Drain, add the butter and mash well until creamy.
- 2  
  
Meanwhile, heat the oil in a large oven proof dish over a medium heat. Add the onions and carrots, and sauté for 5 minutes, stirring from time to time. Add the bacon and garlic and cook for a further 5 minutes. Add the stock, bring to the boil and turn down to a gentle simmer.
- 3  
  
Place the cornflour in a small bowl, and add the cold milk. Stir until the cornflour has dissolved. Add the flour and milk paste to the boiling stock, and stir until the stock has thickened.
- 4

- 5 Add the grated cheese, peas, chopped parsley and chicken chunks. Stir well and season with freshly ground black pepper.  
  
With a fork, carefully cover the chicken and vegetables with the mashed potatoes, spreading evenly as you go. Using the back of the fork, create a rough top which will catch in the oven. This will give you a crusty topping. Cook for 25 minutes.
- 6
- 7 Serve with broccoli and green beans.



*"This delicious chicken and vegetable pie for all of the family reminds me of Autumn so much. Our bodies are clever and know when it's time to crave stodgier, higher carb goodness"*

## BAKED LAMB CHOPS WITH FRESH TOMATO RELISH



MINUTES TO PREPARE

5



MINUTES TO COOK

25



SERVES

4-6



### INGREDIENTS

For the chops:

**8-12 lamb chops**

**1/4 teaspoon ground turmeric**

**1/4 teaspoon ground cinnamon**

**1/4 teaspoon ground cumin**

**Drizzle of rapeseed oil**

**Pinch of Maldon sea salt**

**Freshly ground black pepper**

For the relish:

**200g cherry tomatoes, roughly chopped**

**1/2 red onion, very finely diced**

**1 clove garlic, peeled and crushed**

**1 tablespoon rapeseed oil**

**10 basil leaves, chopped**

**Juice of 1/2 lime**

**Pinch of Maldon sea salt**

**Freshly ground black pepper**

**4 anchovy fillets (optional)**

### LET'S COOK

1

Preheat the oven to 200/400/gas 6.

2

Place the lamb chops in a roasting tray lined with baking paper.

3

Lightly sprinkle over the turmeric, cinnamon and cumin and season well with salt and pepper. Drizzle with rapeseed oil and place in the oven for 25 minutes.

4

Make the tomato relish by mixing together the ingredients. Taste and season as necessary.

5

Once the chops are ready lay them out on a plate (2-3 per person) and drizzle over the tomato relish.



"Lamb can be fatty so I've teamed it up with salty anchovies to cut through the fat. If you are not a fan of anchovies, simply leave them out."



## LIGHT CHICKEN CURRY



MINUTES TO PREPARE

10



MINUTES TO COOK

30



SERVES

2-3

### INGREDIENTS

**2 large chicken breast** or two small chicken breasts, thinly sliced

**1 onion**, peeled and thinly sliced

**3 cloves of garlic**, peeled and thinly sliced

**1/4 small red or green chilli**, deseeded and finely chopped

**1 tablespoon rapeseed oil**

**1 teaspoon cumin seeds**

**1 teaspoon coriander seeds**

**1 teaspoon fennel seeds**

**1 star anise**

**3 cinnamon stick**

**3 kaffir lime leaves**

**3 tomatoes**, cut into small cubes (seeds and core included)

**1 tablespoon tomato puree**

**100g red lentils**

**400ml tin light coconut milk**

**200ml water**

**1 teaspoon vegetable bouillon**

**Pinch of Maldon sea salt**

**A good grind of black pepper**

**Juice of 1/2 lemon**

**1 handful fresh coriander leaves**, finely chopped

**You will need** a medium sized saucepan with a lid and a pestle and mortar.

### LET'S GET COOKING

- 1 Heat the oil in a large saucepan and add the onions. Fry over a medium heat for 5 minutes, or until they start to soften and take on colour.
- 2 In the meantime, place the spices in a small dry frying pan over a high heat. Leave for 3 minutes or until the pan starts to smoke. Grind to a fine powder in a pestle and mortar.
- 3 Once the onions are ready, add the garlic and chilli and sauté for a minute. Add the freshly ground spices, star anise and cinnamon and cook for a further minute.
- 4 Add the lentils, chopped tomatoes, coconut milk, chicken, tomato puree, vegetable bouillon, kaffir lime leaves and salt and pepper.
- 5 Bring to the boil and turn down to a gentle simmer. Pop a lid on and cook on the hob for 30 minutes, stirring from time to time to stop it from catching.
- 6 Once the lentils have broken down and the chicken strips have cooked through, take off the heat. Add the lemon juice and fresh coriander and taste. Adjust the lemon, coriander, salt, pepper and chilli to your liking and serve.



## BEEF & DATE STEW



MINUTES TO PREPARE

25



MINUTES TO COOK

120



SERVES

6

### INGREDIENTS

**1kg stewing or braising beef**, diced into 3cm chunks

**1 tablespoon rapeseed oil**

**1 onion**, peeled and finely diced

**1 teaspoon coriander seeds**

**1 teaspoon cumin seeds**

**5cm fresh ginger**, peeled and finely chopped

**4 cloves of garlic**, peeled and chopped

**1/2 red chilli**, deseeded and finely chopped

**1 large handful of fresh coriander**, stalks and leaves separated, both chopped

**1 teaspoon ground ginger**

**100g pitted dates**, chopped

**500ml stock**

**1 cinnamon stick**

**1 teaspoon honey**

**Juice of 1/2 a lemon**

**You will need** a pestle and mortar, a hand blender and a large oven proof casserole dish with a tight fitting lid.

### LET'S GET COOKING

Preheat the oven to 160/315/gas 2-3.

- 1 In a frying pan, dry roast the seeds over a high heat for 4 minutes or until they start to pop. Place them in a pestle and mortar and grind to a fine powder.
  - 2 Add the chopped fresh ginger, garlic and chilli to the pestle and mortar, and grind again to a rough paste.
  - 3 Place the dates in a small saucepan and cover with a little water. Bring to the boil over a high heat and once simmering, take off the heat and leave to the side. Finely chop the fresh coriander stalks and add to the dates.
  - 4 Add the spice paste from the pestle and mortar to the dates. Using a hand blender, blend the dates, coriander and spices to a thick dark gooey consistency.
  - 5 Toss the beef chunks in ground ginger and season well with salt and pepper.
  - 6 Heat the rapeseed oil in a large frying pan over a high heat and brown off the meat in batches. Remove from the heat and place in the casserole dish. Repeat with the rest of the meat until finished.
  - 7 Return the beef's frying pan to a medium heat and add the onions and date paste. Cook for 4 minutes, stirring all the time.
  - 8 Add 200ml of the stock to the frying pan and using a wooden spoon, scrape off any remaining beef or date paste. Add the liquid to the casserole and stir. Add the final 300ml stock, lemon juice, cinnamon stick, honey to the beef stew.
  - 9 Season well with salt and pepper and bring to the boil before turning down to a gentle simmer.
- Place it in the oven and cook for 2 hours, or until the beef is tender. Taste and adjust the seasoning to your liking.
- Serve with basmati rice, green beans and mangetout. Garnish with freshly chopped coriander leaves.

# VEGETARIAN RECIPES

*Use pulses, try grating, roasting & blitzing, make the vegetables the main event*



## SPINACH & FETA FILOS



MINUTES TO PREPARE

10



MINUTES TO COOK

15



SERVES

3



### INGREDIENTS

For the fillos:

**200g spinach**, washed and stems removed (if there are any)

**200g feta**, cubed

**1 egg**

**Freshly ground black pepper**

**6 sheets of filo**

**30g butter**, melted

For the sauce:

**2 tablespoons Greek yoghurt**

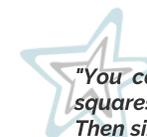
**1/4 teaspoon Dijon mustard**

**You will need** a food processor, a pastry brush, a baking tray and baking paper.

**To get ready** preheat the oven to 180/350/gas 4 and line a large baking tray with baking paper.

### LET'S GET COOKING

- 1 Place the spinach in a saucepan and place over a medium heat. (No oil is needed as it will wilt as the water is released.) Cook the spinach until it has completely wilted and water has released and all the water has released from the leaves.
- 2 Drain the spinach thoroughly in a colander, pressing down hard using a wooden spoon to make ensure there is no liquid left.
- 3 Place the wilted spinach in a food processor with the feta, egg and a good grind of black pepper. Blitz until it has formed a paste, but retained some texture.
- 4 Take one sheet of filo and lay it out on a large board. Leave the other sheets covered with a clean dry tea towel to stop then drying out.
- 5 Using the pastry brush, brush butter over the filo sheet. Take another sheet and place it on top. Cover this with butter as well. Cut the pastry into 3 from the short side to the short side leaving 3 long strips.
- 6 Place a heaped teaspoon of spinach and feta paste at the bottom of each filo strip. Fold the bottoms of the sheet over the paste to the left to create a triangle.
- 7 Next, fold the point end of the triangle over the to create a thicker triangle. Keep on folding upwards in triangles to the top. Place on a baking sheet and brush the top side with melted butter. Repeat until the paste is finished.
- 8 Bake in the oven for 10-15 minutes until golden. To make the sauce, mix together the Greek yoghurt and mustard. Enjoy hot or cold.



**"You can make mini-tarts by folding 2 small squares of filo into a mini-cupcake holder. Then simply add 1 tbsp of the spinach and feta mix. Cook for 15 minutes as above"**



"You could add in toasted pine nuts or sesame seeds instead of sunflower and pumpkin seeds. Freshly chopped mint, coriander or chives would really lift it... or try using all three!"

## VEGETABLE SLAW



MINUTES TO PREPARE

5



SERVES

2-4

### INGREDIENTS

**1/2 small red cabbage**, core removed and thinly sliced

**1/3 sweetheart cabbage**, core removed and thinly sliced

**100g cherry tomatoes**, quartered

**75g sugar snap peas**, thinly sliced on the diagonal

**1 tablespoon sunflower seeds**

**1 tablespoon pumpkin seeds**

For the dressing:

**1 tablespoon sesame seed oil**

**1/2 teaspoon fish sauce**

**Juice of 1 lemon**

**1 fresh red chilli**, cut in half, seeds removed and finely diced

**1/2 teaspoon sugar**

**Pinch of Maldon sea salt**

### LET'S COOK

1

Add all the ingredients in to a medium sized bowl and stir.

2

Mix the dressing ingredients together.

3

In a small bowl, mix together the soy, honey, lemon juice, chilli, sesame seeds, spring onion and fresh coriander.

4

Add the dressing to the slaw, stir well, and taste.

5

Adjust the chilli, lemon juice, Maldon sea salt or oil to your liking.



## RISOTTO WITH ASPARAGUS, FENNEL & SPINACH



MINUTES TO PREPARE

5



MINUTES TO COOK

25



SERVES

2

### INGREDIENTS

**1 fennel**, end removed and finely diced

**1 tablespoon rapeseed oil**

**2 cloves of garlic**, peeled and crushed

**80g asparagus**, washed, and ends removed. Cut off the spears and slice the stalks

**1 spring onion**, sliced

**1 large handful basil**, finely chopped

**150g Arborio risotto rice**

**100ml white wine**

**500ml chicken stock or water mixed with 1 teaspoon vegetable bouillon**

**Knob of butter**

**30g Parmesan**, finely grated

**Juice of 1/2 lemon**

**1 pinch of Maldon sea salt**

**A good grind of black pepper**

*You will need a large roasting tray, saucepan, and baking paper.*

### LET'S GET COOKING

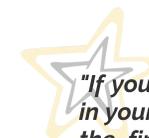
- 1 In a saucepan, bring the stock to the boil.
- 2 In a large frying pan, heat the rapeseed oil and chopped fennel over a medium heat. Sauté for 10 minutes, or until the fennel has softened.
- 3 Add the garlic and rice and continue to stir for 2 minutes.
- 4 Turn up the heat and add the wine. Continue stirring until all the liquid has been absorbed. Add a ladle of hot stock and continue to stir until the liquid is absorbed into the rice.

5

Once you are down to the last two ladles of stock, add them in with the asparagus, spinach, basil and spring onions. Give the risotto a gentle stir for two minutes until the spinach wilts.

6

Remove it from the heat and add the butter and Parmesan. Add the salt, pepper and lemon juice and taste. Adjust the seasoning to your liking and leave it to rest for three minutes before serving so that the flavours infuse and the risotto rice relaxes.



*"If you happen to have a Parmesan rind lurking in your fridge, add it to the risotto when you add the first ladle of stock. It's non-essential but adds a beautiful layer of creaminess (and saves throwing the rind away)"*



## SELF-COMPASSION TOMATO SOUP



MINUTES TO PREPARE

5



MINUTES TO COOK

40



SERVES

5

### INGREDIENTS

**1 sweet potato**, peeled and chopped  
**2 slices of celeriac**, peeled and chopped  
**2 stalks celery**, chopped  
**1/2 fennel**, chopped  
**1 red pepper**, deseeded and chopped  
**1 tablespoon rapeseed oil**  
**3 cloves of garlic**, peeled and diced  
**2 tablespoons fresh oregano**, roughly chopped  
**1 teaspoon vegetable bouillon**  
**1 tablespoon tomato puree**  
**400g tin chopped tomatoes**  
**200ml water**  
**500ml water**  
**Black pepper**

*You will need* a saucepan and a food processor or hand blender

### LET'S GET COOKING

- 1 Place the sweet potato, celeriac, celery, fennel, red pepper and rapeseed oil in a large saucepan over a high heat.
- 2 Turn down to a low sizzle and stir to coat all of the vegetables. Cook for 10 minutes, stirring from time to time to stop them from catching.
- 3 Add the garlic and chopped oregano and cook for a further 10 minutes, stirring from time to time.
- 4 Add the tin of chopped tomatoes, 200ml water, tomato puree, vegetable bouillon and a good grind of black pepper.
- 5 Bring to the boil and turn down to a simmer. Cook for 20 minutes or until the vegetables are soft.
- 6 Blitz with a hand blender, or cool and whizz in a food processor.
- 7 Taste and adjust the seasoning to your liking.



*"The key here is to soften the vegetables for a long time to start with which releases their flavour. It's the sweet potato that thickens and adds the 'Heinz' colour."*

# TIME TO WRAP IT ALL UP *and tell you about the next steps!*

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Ahhhhhh, it's been amazing to have you here! I honestly, from the bottom of my heart, **am so grateful** that you signed up for Recipes for your Cooking Type and I hope, above all else, that it has held value for you and that you feel more confident knowing who you are when you cook and which recipes suit you best.

Now it's time for you to go back to your kitchen with your **head held high** beginning to grasp how to cook best for you! Yay!!

And what's more... perhaps we have sparked an interest in **cooking healthful effortless recipes**? I hope so!

**Or perhaps you'd like to find out more?** I love cooking (can you tell?!) and I'm passionate about making you the best cook you can be every time you enter your kitchen and put your apron on so I created the **Kitchen Club Membership** so that you can be the best version of yourself in the kitchen... now and in the future...

The **Kitchen Club Membership** is designed for your ongoing improvement because cooking doesn't really ever have an end. It's something we keep on developing as we practice, and as we spend so much time in the kitchen (especially if you're a parent) then we tend to have to practice a lot! In the Kitchen Club I help you keep your inspiration high with **healthful, tasty nutritional recipes**. I also know that menu planning and shopping can be time consuming so I include **menu plans and shopping lists too!**

The Kitchen Club Membership also includes exclusive access to the step-by-step **Effortless Cooking for your Personality course**, which walks you through step-by-step how **understanding your Cooking Type order can transform your life**. We go through the do's and don'ts for each Cooking Type, how to set your kitchen up, how to read a recipe based on your colour, and even how to cook alongside other's who have a different Cooking Type to you! This is the comprehensive must-do course designed with the sole purpose of building your confidence in the kitchen so that you and your family can **cook well, eat well and live well**.

I understand that cooking can be a lonely job, and that the frustrations that you might have are shared by many. We have a wonderful, kind and supportive **online Facebook community** for you to join when you become a Kitchen Clubber. This platform allows me to hop on to do live stream from my kitchen to yours such as a 'lunch assemble' or a quick 'how-to hack'.

What I love most though, is being able to connect with each member as an individual right from the start. During our **30 minutes introductory session** you are able to tell me about your personal circumstances so that together we can put a plan in place and help you move forward. If you still feel like you need more, or have a specific barrier that's in the way of moving forward, or would like your full personal profile, I have **1:1 coaching sessions to help you become a fully confident and competent cook**.

# COOKING EXPLANATIONS

## *Knowledge is power*

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**Salt...** I use Maldon sea salt flakes in all my cooking. This is a natural product which enhances the flavour of food. Use a pinch at a time.

**Black pepper...** I only use whole black peppercorns, ground in a pepper mill.

**Rapeseed oil...** I use extra virgin cold pressed rapeseed oil in all of my cooking as it is a British, natural product high in vitamin E and omega 3, 6 and 9

**Marigold vegetable bouillon...** Add a teaspoon to water, sauces, curries, casseroles and soups to add flavour. This is a concentrated natural flavour-enhancing salt so be careful to taste before you add any more salt to the dish.

**Light coconut milk...** I use light coconut milk in my cooking as I find the full fat stuff very cloggy.

**Lentils...** Lentils are a great source of protein and fibre. Cook from dry as per the recipes instructions or buy pre-cooked packet lentils.

**Quinoa...** Quinoa, like lentils, is a great source of protein and fibre.

**Spices - seeds...** Use whole spice seeds for extra flavour or when you are making your own curry paste.

**Spices - ground...** Use ground spices if you are adding flavour but not grinding the spices down.

**Dry roast...** Dry roast spices seeds in a pan with no oil until they pop and start to turn brown. The grind them to a powder in a Pestle and mortar.

**Herbs...** Use fresh herbs when you can. When you can't, use dried herbs.

**Cornflour...** Add a tablespoon of gluten-free cornflour to a tablespoon of cold water and stir to make a paste. Then stir in to a hot sauce to thicken.

**Pestle and mortar...** Invest in a stone or granite pestle (pounder) and mortar (bowl) to grind spices to a fine powder.

**Large grate...** Use the large circular grate on your grater to make vegetable slaws. This is a super quick and easy way to eat a variety of vegetables.

**Refresh...** This is a term used when you cook vegetables in advance so they keep their colour. Drop them into boiling water for 1 minute, then drain and leave under cold running water until the vegetables are cool. You can then add them into other dishes, or drop them back in to boiling water when you need them.

**Rest...** When cooking meat, it is essential to cover it with tin foil and let it rest for at least 5 minutes after it has finished cooking. This allows the juices produced during the cooking process to be absorbed back in to the meat making it super tender. Remember to allow for resting time when you plan your cooking.

**Minutes to prepare...** Indicates the preparation time for each meal when you will be all hands on deck.

**Minutes to cook...** Indicates the time that your dish will be cooking so that you can sit back and relax (or get on with other things!)

**Serves...** Indicates how many the dish will serve. This will depend on your appetites. To cook for less or more people, divide or multiply and use your common sense!

**Taste...** Cooking and eating is a personal experience so taste and adjust the seasoning to your liking.

**Food processor...** Piece of equipment to help you blitz, chop, grate, slice and blend. I use a very old but sturdy Magimix.

**Nutribullet...** My best friend in the kitchen. Use a Nutribullet to blend sauces, soups and juices to a very fine puree.

# **THANK YOU!**

*I hope that you enjoyed the recipes and seeing how understanding your Cooking Type can give you more confidence in the kitchen.*

